

Mi

ARTS • ENTERTAINMENT • INFORMATION

PLUS! La Rosa de Las Barras • Vocabulario: Emergency Words
* US Consulate • Pan-demonium • Tech Talk • Mini-Matadors

Where to Get Your Espresso On: A Mazatlan Rundown

café-olé!

Free

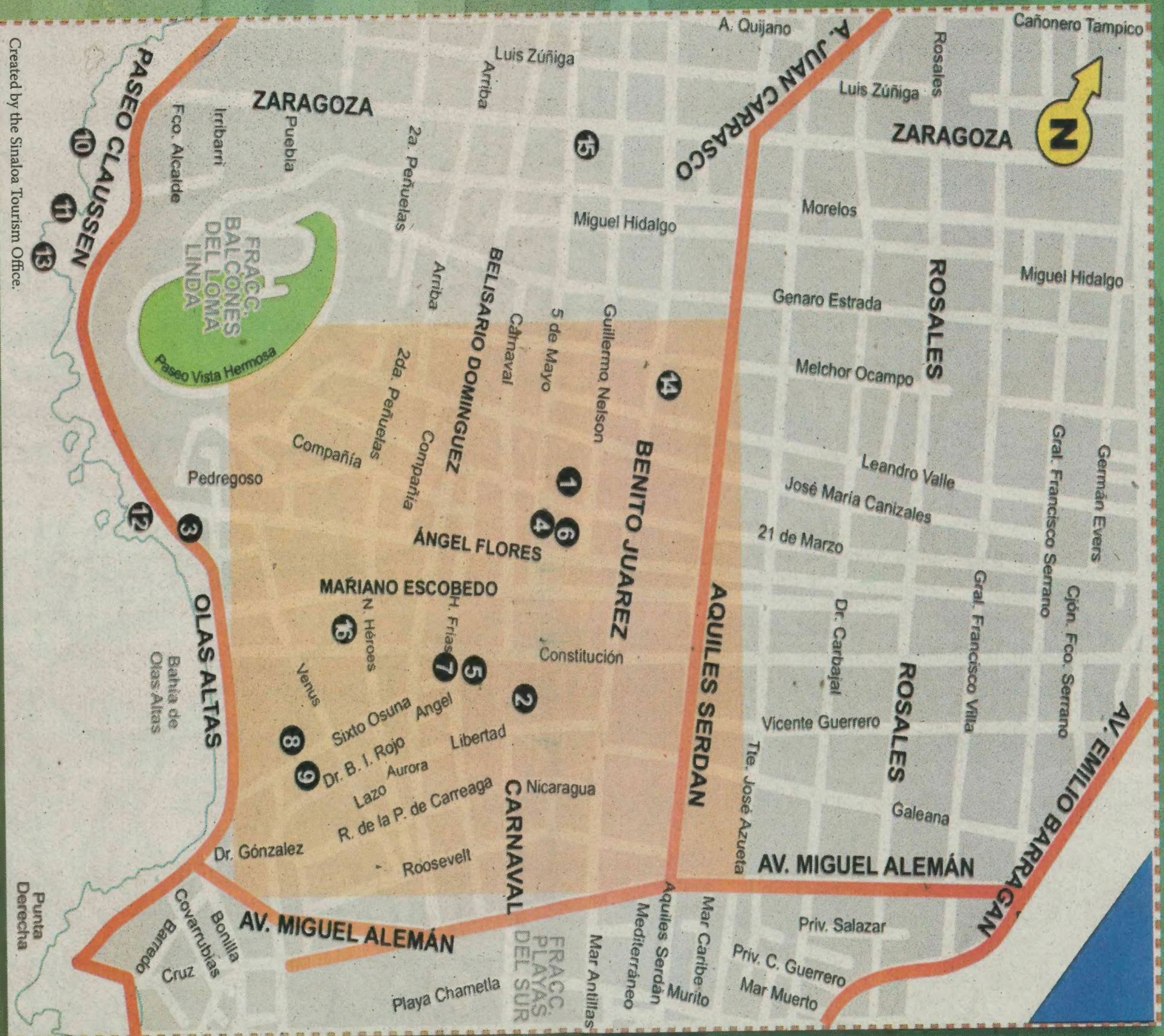


Centro Histórico
Map Inside!

April 2010
www.maz-amor.com

MI

Old Mazatlán Map



Places of interest

1. Cathedral
2. Angela Peralta Theater
3. Sinaloa Tourism Office
4. City Hall

5. Plaza Machado
6. Plaza Republica
7. Casa Machado Museum
8. Archeology Museum
9. Mazatlán Art Museum
10. Monument of Life

11. Glorieta Sanchez Taboada
12. Deer Monument
13. Cliff divers
14. Pino Suarez Market
15. Zaragoza Square
16. Recrea / Taller Maqueta Centro Historico

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M! BUSINESS DIRECTORY

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ARTS • ENTERTAINMENT • INFORMATION

On My Mind

Recently I was reading a women's magazine (in English!) and came upon an interview with a famous clothing designer. "Knowing when to splurge is an art," he said. "There are just two rules: Splurge on the most classic thing in the world - you'll have and cherish it forever. Splurge on the most insane thing in the world. You'll have it and cherish it forever."

I clipped the quote and stuck it on my bulletin board. It's made me chuckle and also made me reflect on how and where I apply that principle in my life. Of course, I've had my share of fashion "splurges" on both ends of the spectrum: a faux leopard '40s style jacket, chrome-heeled Austrian leather boots, a crisp white cotton Oxford shirt - but more importantly, how have I and how do I "splurge" in other ways? What pleasures - big pleasures - do I allow myself?

Those of us in Mazatlán, whether for a few weeks, months or year-round, have given ourselves permission to splurge, to enjoy, to be, simply, happy. Maybe this was an easy choice for some of you - for me, it was not. I agonized about it, actually: Is it OK to make a decision based entirely on happiness? I had been trained to think not; now - thankfully - I know better and recognize that our happiness should be the foundation of all decisions and choices in life, however big or small.

There's been lots of response and comments about our 2010 Mazzie Award winners - many of you have been visiting each one, *poco a poco*, and then sharing your experiences with us here at the M! offices. Remember that all the winners are the "people's choice" - and if you don't vote, then your opinion can't be counted! Next year, please vote for your favorites in Mazatlán, OK?

Our pages this month are chock-full of regular columnists and also some feature articles. You'll find a lively Commentary by Prof. Arturo Santamaria about the changing face of immigrants in Mexico, and we also interviewed the US consulates, who share an inside look at what they do and how it applies to us. (Next month, the Canadian consulate!) Bodie Kellogg takes an irreverent look at the equally irreverent sport of midgeet bullfighting (no, I'm not joking!) and Good Taste tries out all the espresso shops in town and presents a highly caffeinated rundown of each. And if you haven't already, do check out M!'s Business Directory, our easy-to-find listings of local businesses and service providers.

To those of you leaving already for points north, *que te vaya bien!* And for those staying longer or permanently - ain't life grand?!

Janet
Janet Blaser
Editor

COVER

"Con Sabor a Café"
("With a Taste of Coffee")



Elaine Kemp Zazueta

Born in Los Angeles, Elaine arrived in Mazatlán in 1976 and later was the editor of Viejo Mazatlán, a cultural newspaper. Currently she paints in her studio and creates and designs campaigns focused on social issues. She has participated in 25+ collective painting exhibitions in Mexico and abroad, as well as three individual shows. This mural is representative of Mexican organic coffee pickers in Oaxaca, Chiapas and Veracruz, in which Fair Trade and the respect for biodiversity is practiced. It is on display in Rico's in the Golden Zone. Contact: ekemp@prodigy.net.mx.

HEARTBEATS

Cruising As a Couple

Charting the course of your relationship

By Terrance K. Phillips

It occurred to me that metaphors are used as excuses for reality. "I'm between a rock and a hard place," really means you don't know how to handle an issue or where you are. Or "I feel like I'm swimming in a swamp filled with alligators," likewise, it means you feel inept at dealing with confrontation.

Metaphors are used as escape tools to hide from an issue, person, place or thing. Metaphors are fanciful and try to distract the listener from the reality that,

All good relationships chart their course and do what it takes to get there.

as actor Jack Nicholson once said, you can't handle the truth.

Have you ever heard a person describe the breakup of their relationship with, "We just drifted apart?" Of course you have. Why? People that say this are skirting the real issues that were the core problem within the separation or divorce. Why tell the truth when a metaphor sounds so much more pleasant? This is a cover-up worse than Watergate.

When you think about a boat, you visualize a piece of equipment that carries you across water. But to accomplish this you need a sail, an engine or a paddle. "Drifting" is the act of doing nothing. If you want to get to a destination you have to paddle, sail or steer with power. Therefore, if you drifted apart in a relationship, you're admitting you did nothing to stop the breakdown. Remember, if you aren't making waves, you're not paddling fast enough!

A boat can be used to travel to new lands, view stellar sunsets, enjoy the company of another, seek peace and tranquility, smell the aroma of the salty sea and sense the exuberance of life beneath the ocean waves. Doing this by oneself isn't the same. Have you ever seen a one-armed man row a boat by himself? All he's doing is going in circles. When two people row, or pull together, they reach their destination.

If you're getting into a boat, you better be ready to paddle. Just sitting there is not very exciting for anybody and won't accomplish much. Drifting is boring and a stagnant reminder that you aren't moving forward. Rocking the boat isn't very productive either as each of these statements is metaphorically unproductive.

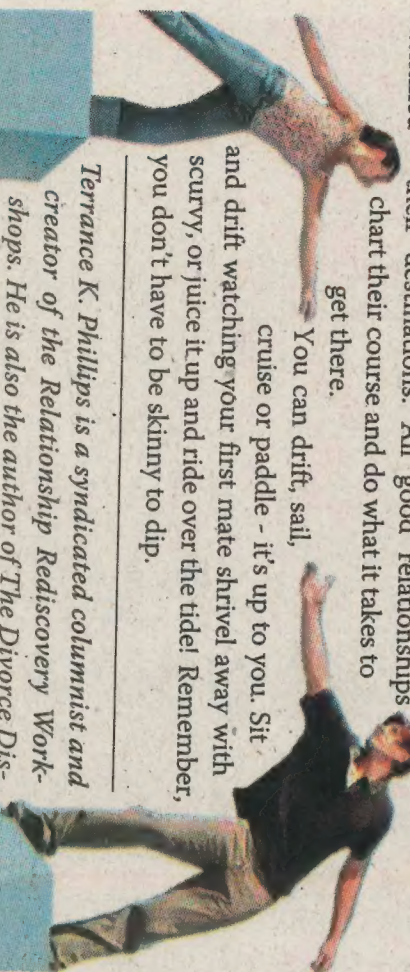
Metaphors are used as escape tools to hide from an issue, person, place or thing.

If you're in the same boat, paddle together, start your engines, hoist those sails, turn up Jimmy Buffett on the speakers and never forget the lime and salt. Set a destination course for excitement and soak up and share the energy of the ride. Cruise as a couple, not as a sea soloist.

The currents will take you where they want to go - which is not necessarily where you want to go. People drift into divorce because they have not identified their destinations. All good relationships chart their course and do what it takes to get there.

You can drift, sail, cruise or paddle - it's up to you. Sit and drift watching your first mate shrivel away with scurvy, or juice it up and ride over the tide! Remember, you don't have to be skinny to dip.

Terrance K. Phillips is a syndicated columnist and creator of the Relationship Rediscovery Workshops. He is also the author of The Divorce Disease - Options for a Cure; Heart Attack-ed and King of Cons. Info: www.focalpointbooks.com.



Vocabulario

Emergency!

By Lisa Lankins

police man / el policía
police force / la policía
(notice the difference between policeman and police force?)
pistol / la pistola
bullet / la bala
gunshots / balazos, disparos
fireman / el bombero
ambulance / la ambulancia
paramedic / el paramédico
kidnap / secuestro
accident / el accidente
insurance / seguro
thief / ladrón, latero
robbery / atraco, robo

lawyer / el abogado
jail / la cárcel
handcuffs / las esposas
phone call / llamada telefónica
emergency room / sala de urgencia
Help me! Ayúdame!
Can you help me? ¿Me puedes ayudar?
I need help. Necesito ayuda.
I'm in danger. Estoy en peligro.
It's an emergency. Es una emergencia.
They robbed me! Me robaron! I want to call the consulate. Quiero llamar al consulado.

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The "New Wave"

Active & influential, Baby Boomers are changing the face of Mexican immigration

By Arturo Santamaria Gómez

Mexico has not traditionally been a land with big waves of foreign immigration, like many other Latin American countries. It was the territory that received just a few European and Asian immigrants in the 19th and 20th centuries, like some neighboring Caribbean and Central American nations.

But in the new millennium, things are changing. Now, more than any other Latin American country, Mexico is welcoming a new kind of immigrant. These immigrants are not typical; they're different. They come from rich countries - the United States and Canada.

Most of them are not young, they're not looking for jobs, and instead, in a reverse formula, they're bringing money and investment capital to their new home country.

Many - or maybe the vast majority - of these people don't consider themselves immigrants, because that word has long been associated with someone looking for work or a better financial situation in another country. But the reality is that they are immigrants - a new breed of immigrants - and Mexico is welcoming hundreds of thousands of them each year. Some scholars and think-thanks, in both Mexico and the United States, estimate the number could be as high as 7 million immigrants over the next 20 years.

The causes of this new social trend are many, and could fill many pages. What could be more interesting is to ask is how we - both Mexicans and the new guests - can get along, learn from each other and make friendly new lives together.

Our beloved city of Mazatlán has always been a territory of new arrivals. The life of Mazatlán has been linked to the trade and visitings of people from all the world for centuries, but especially in the last century, from the US and Canada. Thus it is, really, Mazatlán's lifestyle: to meet and welcome people from all over the world into our culture and community. As a Mazatecan, I can say: it's nice! It gives us a sense of the world outside our borders and makes us feel part of the global community.

Yes, Mazatlán is used to seeing many visitors and tourists - but the last five years or so have presented a new panorama, with more and more "long-term guests" and full-time residents. Currently, official estimates say there are approximately 5,000 foreigners with a resident visa and even more that have a "prolonged stay" tourist visa. If we think in terms of money and investment, yes, of course Mazatlán is being favored, but if we see the issue with a deeper perspective, Mazatecos could benefit more.

Yes, the culture of the Americans and Canadians is enriching ours - but I say it could be more if we interacted more with them. They're learning from us - but we can also learn from them as they experience and interact, in and with the Mexican and Mazatecan culture.

What's needed are more avenues for friendship and cooperation, so we can work together to create a better city. If we can focus on this - and I'm sure it will happen - this experience of intercultural exchange will enrich our city, and therefore all of our lives.

Arturo Santamaria Gómez is a professor at Universidad Autónoma de Sinaloa at Mazatlán. He is also the founder and director of the new Vive Sinaloa museum on the corner of Heriberto Frias & Libertad in Centro Historico, one block from the Plaza Machado. Contact him at santamar24@hotmail.com.



Pre-Construction Precaution

Avoid problems by putting on your 'smart investor cap'

By Sylvia DeSoto

The best real estate deals occur when you get in early on a project, usually promoted as pre-sales or pre-construction opportunity. For your early commitment to a yet-to-be-built dwelling, developers are usually willing to offer deep discounts relative to the trust you're putting in them to build as promised.

There's always a level of risk associated with this type of investment, but if you feel this is the right home for you and the deal is hard to resist, then put on your smart investor cap and follow a few simple guidelines to assure a secure investment.

1. **Never make a snap decision on the spot.** Get away from the salesperson and think it through. Ask yourself: Does it make sense for me and my family? Can I make it work financially? Does it fit my lifestyle now and into the future? Simply be sure the property is the right fit and worth the waiting time for delivery.
2. **Request any verbal promises in writing.** Make sure the developer's office puts in writing all the details of your offer. It will help you avoid misinterpretation of the real estate jargon and a disappointing situation as you go forward. Your contract is the only valid legal document that guarantees you have legal right to what you've paid for.
3. **Get an original of sales contracts or any other documents you're asked to sign.** Make sure all areas have been signed or initialed by both parties. On the developer's side, the contract should be signed by



someone that's legally able to commit the company to the liability: the developer himself or his legal representative. Sometimes the Sales Director is part of the development team directly and can sign on the developer's behalf. This guarantees you the most protection and leverage if there's a problem at any stage of the purchase and delivery process.

4. **Ask the seller to provide evidence that the construction is adequately financed.** If the developer's office is reluctant to do so, then there's a risk the construction is financed by sales and has no guaranteed construction loan. If you're given the lender information, it's still advisable to do your due diligence to check out the finance source.

5. **Find out about your developer/builder.** Do they have a track record, either locally or internation-

ally? What's the background of the developer? If they've developed other communities nearby, visit them and speak with the owners to learn about their experiences with the developer's team.

6. **Check if your money will be held in a trust or an escrow account.** If not, at least understand how your money will be held or used. Most developers are using some or all of their buyer's money to help fund constructions, which is normal. But if they require you to pay a lot up front or in very frequent increments, perhaps they're not well financed. You're more secure if you're paying along with the progress of the construction.

7. **If you need mortgage financing to fulfill your purchase obligations, make sure you get pre-approved in advance.** While normally you can't get a loan to buy

something that's not yet built, you can get pre-approved so you understand the parameters you need to work within when the time comes.

8. **Use an independent local real estate agent to help you with your market diligence.** These people are market experts and can share their expert knowledge while advising you on your property ideas. While there are many real estate agents in Mazatlán, not all of them are associated and operating by the code of ethics of the Real Estate Association (AMPI). You can look at the website www.ampimazatlan.com.mx for the directory of associated real estate professionals. You won't get a better deal just because you went directly to the developer, and in some cases your Realtor's knowledge of the industry can help you get the best deal of all.



Sylvia DeSoto is originally from Poland and moved to Mazatlán home nearly 4 years ago. She's the treasurer of the Mazatlán Real Estate Association, a co-founder of Invest Mazatlán, and Sales Director of Mazatlán's first green community. Contact her at sdesoto@investmazatlan.com, www.boardwalkresidences.com.

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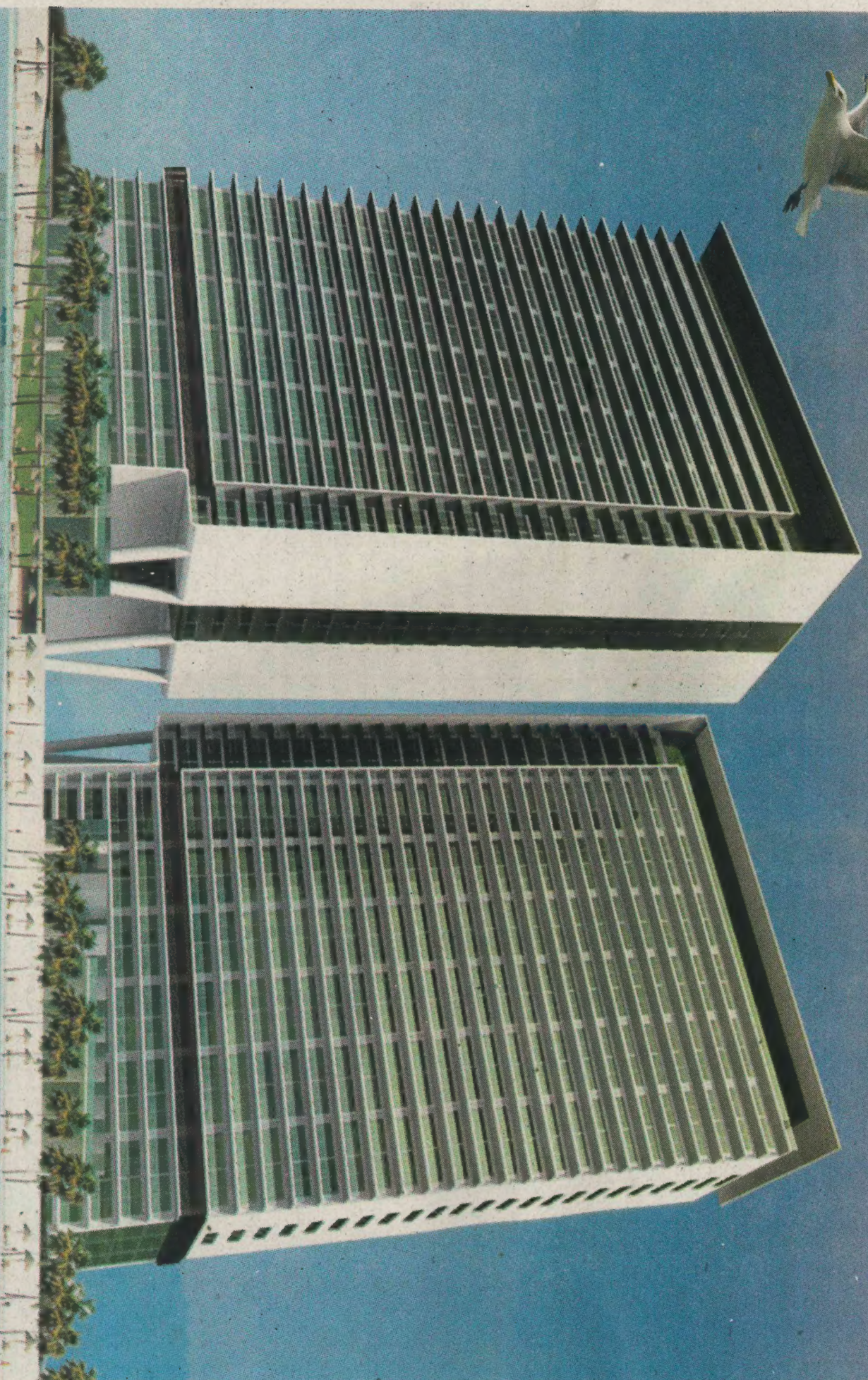
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HOT TOPIC

"Protecting the Interests of American Citizens Abroad"

The US Consular Agency: Your informal town hall

By Janet Blaser

The US Consular office in Mazatlán, across from the Hotel Playa Mazatlán in the Golden Zone, is a small, clean and surprisingly cheery place. That probably has a lot to do with the bubbly personalities and positive attitudes of consular agent John Palmerin, and consular assistants Heather Kasemeier and Leticia de Paredes. They transform what could be tedious government work into a lively approach to community involvement and support.

Voting and ballot assistance, passport documentation, dispelling myths about passport regulations and Mexican law, cancelling time-shares, robberies, stolen cars, health issues like illness, death and hospitalization – these and more all fall within the consulate's jurisdiction. They're also the only American notary publics in the state of Sinaloa – for \$30 US, you can have US documents notarized in their offices.

If there are trends, they like to know what's going on – multiple robberies or cases of dengue in one neighborhood, for example. The consulate's network of volunteer "wardens" helps disseminate government travel warnings and other official information.

"We're here to protect the interests of American citizens abroad," said John. "That comes in many different forms. If it's collectively, that's even better."

He remembers five years ago – before the community was enhanced by the internet and the English press – when "we were like an informal town hall."

"People that live here year-round don't come in with questions as much anymore," John said, rather regretfully. "We have information because of the



contacts we have with the local residents. Any time something happens it's important."

So, call, email or stop in – they like to hear from you.

Consular offices also assist in case of an emergency – in the case of a death of a US citizen, for instance, the police notify the consulate, who tries to find the next of kin and also guards the person's belongings until arrangements are made.

"International consular agreements state that consular representatives act as legal guardians of personal belongings when a family member is not in the country," John explained. "They secure everything and make an inventory. They don't go alone – there's complete transparency. 'No pillaging allowed!'"

They also assist the US government in case

of emergencies that require evacuation – severe flooding in Peru, for example, or the big hurricane in Cancun. In such a case, the consular office would use its list of registered citizens to find and notify them. Family members in the US can also contact the consular office here in such instances to get word to or about their relatives.

John noted that if you register online, the information goes directly to the main office in Hermosillo and isn't transferred here to the Mazatlán office. Better to go in to their office, he said, and fill out the simple 2-page form in person. You'll need to bring your passport so they can make a copy of it.

This information is completely confidential – despite rumors to the contrary, they don't share any of it with the IRS or any other US government agency.

"We're not law enforcement," said John. "We're simply here to ensure that US citizens are treated fairly under Mexican law."

However, should a US citizen have a brush with the law, the consulate can help.

"Mexican law states that a US citizen has the right to contact their consular rep if they are arrested or detained," said John. "It's not a bad idea to keep our phone number in your wallet or cell phone."

The US Consulate Agency is at Playa Gaviotas #202, Golden Zone, across from the Hotel Playa Mazatlán. Hours: 9am-1pm, Monday-Friday. Closed Saturday & Sunday. Contact them at 916-5889, 916-7531 or mazagent@prodigy.net.mx. More info available at www.usembassy-mexico.gov.

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Little People, Big Fun

Mini-matadors take the arena for a mini-bullfight

By Bodie Kellogg



After they all had their brush with death in the dust of the bull ring, the clowns herded the panting yearling off the field.

Somewhere around the middle of January, during my darkest days of post-holiday stress disorder, my research assistant suggested we attend a cultural sporting event. When she asked to go to the bull ring to buy tickets, I began to get apprehensive: Was she buying tickets to a bullfight? Don't get me wrong - I like my steaks rare. It's just the thought of watching my favorite food source being skewered for sport might upset the delicate balance of my psyche.

When she returned with the tickets, I learned I was about to spend Sunday afternoon watching the famous "Enantos de Torreón," a midget bullfight. This is great, I thought; now I get to watch little people being mauled by diminutive bovines. In a more politically correct society, I'm certain public spectacles involving dwarfs and farm animals are banned. But this is Mazatlán, and it's all part of the fun.

In a more politically correct society, I'm certain public spectacles involving dwarfs and farm animals are banned.

We arrived early and found good seats on the shady side of the bull ring, about four rows up from the action. The first on the field was a team of three normal-sized clowns doing a basic routine that consisted of pratfalls and bumbling behavior, but no little people. Then five little women came out and danced around the field to a Mexican pop song.

When the minuscule matadors materialized, they were all dressed in perfectly tailored outfits that any professional would don with pride. After taking an introductory bow, they assembled along the wall of the ring to await their turn facing the ferocious toro that would soon burst upon the field. When the bull was loosed, careful observation told me that it outweighed the heaviest matador by about five to one; the tallest mini-matador only reached the bull's shoulder. The one safety factor in the coming me-

When a matador went down, he would immediately spring to his feet, feign severe damage to his private parts and then taunt the bull with a flutter of the cape.

lee were the ever-present clowns, always cavorting on the periphery but obviously watchful of the little matadors.

As the bull capered around the ring, chasing the clowns or being chased by the clowns, there was more of a sense of play than the stark aggression displayed by 1,200 pounds of pissed-off steer. The horns were shortened nubs wrapped with leather - at least no small folks would get shafted.

With a flourish of their hat, the mini-matadors came forward, one at a time, to engage the bull, each brandishing a cape and sword. Since the bull had obviously played the game before, it did not take much to get this teenage toro to charge right at the provocative capes. All the little guys had their own style and were quite accomplished at avoiding bodily harm. Several would go down on one knee, which made them really small, and allow the bull to come within inches of their crouched form. A couple were less skilled and ended up sprawled on the hard-packed dirt. When a matador went down, he would immediately spring to his feet, feign severe damage to his private parts and then taunt the bull with a flutter of the cape. There were five bull fighters in all, and they had the crowd in a constant state of oohs, ahhs and laughter. After they all had their brush with death in the dust of the bull ring, the clowns herded the panting yearling off the field and the matadors disappeared for a costume change.

They returned to the arena attired as caballeros, each with a length of rope in hand. My first thought was that they'd be doing rope tricks, but just

then eight ponies loped onto the field and began a counterclockwise circuit of the arena. I knew that if these guys tried to lasso anything bigger than a house cat, they'd be going for a ride in the dirt, but I guess that was the general idea. A couple of the mini-vaqueros managed to drop a loop over the neck of a running pony and were immediately skittering across the dirt on their rumps. The rope and the weight of the sliding dwarf didn't seem to significantly slow the ponies. In between and during the animal acts, the clowns and caballeros were in a constant state of slapstick with each other; pushing, chasing and tumbling. They managed to keep it up for two hours without any broken bones or visible blood - definitely skilled show people.

The tickets to this thoroughly entertaining event were a bargain at \$150 pesos each.

So when these little people return to Mazatlán, indulge yourself...it's worth both the time and money.

Bodie Kellogg lives full-time in Mazatlán and is conducting a city-wide search for the best taco. Snickers the wonder dog is assisting this pursuit and can be seen right on his heels as he lurks among the street carts and taco stands of Centro and the ethnic eateries of the Golden Zone. Comments, tips?

Send to: buscardero@yahoo.com.



TECH TALK

It's Hot in There

Inside your computer, heat is a problem

By Charles Swarts

Q: I'm getting ready to leave for the summer. How can I protect my computer while I'm gone?

It's all about storage. To store your computer properly, you'll need to buy a couple of items. First, go to any of the plastics stores and buy one of the large, thick, clear plastic bags. Get one larger than your computer. Next, go to any store and buy a box of disposable diapers. Yes, diapers.

When you're ready to store your computer, take it into a air-conditioned, dehumidified room and leave it there for an hour. This will help eliminate residual moisture from your components. Open the box of diapers and pull the absorbent pad out of each one. Toss the diaper pads in the bag, then put your computer on top. Seal the bag well with tape. The diaper pads will act like silica gel packs and absorb any remaining moisture. Store in a place where the computer won't get direct sunlight.

Q: My laptop seems to be running hot. Is that a problem?

It depends on what you mean by hot. Because of the size of a laptop, the components are all crammed together in a really small space, and that generates a lot of heat. As your laptop gets older, it will run hotter, and you do need to find ways to cool it down, or eventually it will start shutting down on you because it's getting too hot.

The first thing to do is look in your settings and see if you can control the temperatures that cause your cooling fan to turn on and off. If you can cause your fan to turn on sooner and run longer, your laptop will stay cooler.

Your second option is to elevate your laptop from your work surface to allow more airflow underneath, where it gets the hottest. A baking cooling rack works very well for this.

The third option is to go to an electronics or office store and purchase a laptop cooling pad. A cooling pad accomplishes the same thing as the baking rack, with the addition of fans that force more air across the bottom of your laptop to aid in cooling.

Charles Swarts has worked in the IT industry for 15 years and holds numerous Microsoft and other industry certifications. He offers on-site computer repair in Mazatlan. Contact Charles at 176-3564, support@mazpc.com, or www.mazpc.com.



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Coming Up

Schedules for events in Mazatlan change frequently and quickly; call ahead for up-to-date info.

April 2010



1,2,3,4 Feria del Mar / Seafood Festival

Amateurism is the local seafood will be showcased at 20+ stands set up for this annual event. Entertainment (that means mostly banda) and the ever-present Pacifico girls will be on-hand too. Free admission and cool waves. 10am to 8pm daily. In addition to the big hit from the Aquarium.



7-11 Moto Week

This 15th anniversary of the International Motorcycling Week is bigger than ever, with more music, more contests, more things to do, and of course, more fun! Rock concerts are every night and the big parade of motorcycles, 15,000 bikes along the malecon? Saturday, April 10 from 5-7pm. Info: www.semanainternacionaldelamoto.com Moto central: Plaza de la Moto, next to Sam's Club

24

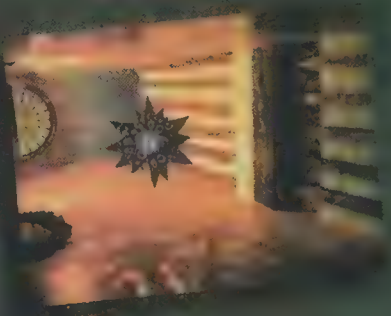
Elisa Pérez Meza & Mariachi Continental

The internationally known cantante presents a concert with the equally popular & well-known mariachi troupe. 8:30pm. Cost: \$150. Casa de los Pérez Meza, Melchor Ocampo #310, Centro. Info: www.elisaperezmeza.com

18

Centro Bike Tour

Get ready for a two-wheeled tour of Centro Historico, led by volunteers from Recrea. Cost: \$20 per person. 9am. Meet at Recrea, Constitucion #209, Centro. Info: recra.mazatlan@gmail.com



7

First Fridays Artwalk

It's your second-to-last chance of the season to enjoy the many pleasures of Mazatlan's monthly Artwalk, where you arrive upon their homes, workshops and galleries to the public. Free. 4-8pm. Centro Historico. Info: www.artwalkmazatlan.com

12-18

International Week of the Monument

This worldwide UNESCO event recognizes sites of historical significance and our own Rivera Roa is no exception. Including a walk around Centro Historico, put decals on places of historic interest (17th, 10am), a film expo featuring Centro Historico (14th, 8pm), and an art and design performance on the corner of Constitucion & Alameda (Dominguez street) (18th, 7pm). Recrea, Constitucion #209, Centro. Info: 982-4959



23-30 Jose Limon Dance Festival

Clear your calendars and buy your tickets; this annual festival features fabulous troupes from all over the world, as well as Mazatlan's own Delfos Dance Troupe. Highlights, all at 8pm at the Angela Peña Theater: Antares Modern Dance (23rd), Lamonia Imperial (25th), 860 mas 1 Danza (26th). Info: TAP box office, Plaza Machado. www.delfosdanza.com

Ongoing till 10

Give a Mando will phone. How Mexican government regulations state that you must register it by April 10 or it will be deactivated. The easiest thing to do is head on to any police office, with your passport (not an FM3 or driver's license) and have the friendly folks there do whatever it is they need to do. It's free and easy, albeit possibly time-consuming.

The M! List

16-23 "Supermarket" An exposition by the multi-media artist Carlos Z Free. Recrea, Constitucion #209, Centro. Info: 982-4959.

Mondays & Fridays Open Mic Rob Lamonica & the Canucks House Band hos this diverse event at Canucks. Music, comedy, song & dance - whether you perform or just watch, a good time will be had by all. Free. 7pm. Canucks, Paseo Clausen. Olas Altas. Info: www.canucksinmazatlan.com

11-16 Concerts in Calle Ninos Heroes Enjoy a week of outstanding concerts on a stage set up in the street of Ninos Heroes between Constitucion & Mariano Escobedo, two blocks from the Plaza Machado. Lorna, Mil Amores, Wings Army, El Pez Gallo and La Mona will serve food. From 4-8pm, relaxing music for dinner; after that, DJs and rock 'n' roll go on till the wee hours. You've been warned. Free.

Wednesdays Movie Night Continues with film's chosen by the audience. \$20. 8pm. Recrea, Constitucion #209, Centro. Info: 982-4959

Schedules for entertainers, bars & clubs change frequently and quickly; call ahead for updates.

Music Grid

April

Ban = banda
Fla = flamenco
J = jazz
KA = karaoke
Mar = mariachi
Sal = salsa
So/Rk = soft rock
Ro = romantic songs
RR = rock & roll
CW = country Western
Mex = misc. Mexican styles



Like to be included in M's Music Grid?
It's free! Send your info to:
m@maz-armo.com

| Venue | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------------|----------|---------|-----------|-----------------|-----------------|-----------------|--------|
| CENTRO HISTÓRICO | | | | | | | |
| Altazor Ars Café / 981-5559 | - | - | Mex | RR Ro | RR Ro | RR Sal Ro | Ro |
| Café Pacífico | - | Ro | - | - | Ro | - | - |
| Il Mosto / 985-4366 | - | - | - | Sax/Ro Piano | Sax/Ro Piano | Sax/Ro Piano | Ro |
| La Tramoya / 985-5033 | - | - | - | J | J | J | J |
| Memorial Café / 985-4301 | J | - | - | - | - | Ro | - |
| Pedro y Lola / 982-2589 | - | - | Salt+ | Suncal-Fla/Mar | Salt+ | - | - |
| Machado Fish Taco / 981-1375 | - | - | Ro | RR | RR | RR | RR |
| La Tertulia | - | - | Ro | Ro | Ro | Ro | - |
| Lorna / 913-0123 | Closed | Ro | Ro | Mex KA | Mex RR | Mex | Mex |
| Te Amo Lucy / 982-8996 | - | - | - | KA | Ro RR | Ro RR | Ro |
| La Puntilla / 982-8877 | - | - | - | So/Rk | So/Rk | So/Rk | - |
| The Brewer / 985-2768 | - | - | - | RR | Open Mic RR | RR | RR |
| CLAS ALTAS | | | | | | | |
| Posada Freeman Hotel | - | KA | - | Ro KA | Ro RR | Ro KA | - |
| Puerto Viejo / 982-8226 | - | KA | - | So/Rk | Open Mic | - | - |
| Copa de Leche / 982-5753 | Open Mic | - | - | RR | - | Noches de Trio | - |
| Canucks | - | - | - | - | - | - | - |
| La Fonda Santa Clara | - | - | - | - | - | - | - |
| Shrimp Bucket / 981-6350 | - | - | - | - | - | - | - |
| GOLDEN ZONE | | | | | | | |
| Valentino's / 989-1600 | DJ | DJ | DJ | DJ | DJ | DJ | DJ |
| Joe's Oyster Bar / 983-5333 | - | - | Ro | - | - | - | Reggae |
| Sumbawa | - | - | RR | RR | RR | RR | RR |
| Rico's / 913-1444 | RR | RR | RR | RR/Mex | RR/Mex | KA | KA |
| Gus-Gus / 914-4501 | Closed | RR/Mex | RR/Mex | KA | KA | KA | KA |
| Twisted Mama's | - | - | - | KA | Imp | Imp | Imp |
| Canta Bar / Fiestaland / 989-1600 | DJ | - | Sal | KA | Ro | Ro | Ro |
| Heather's Place / 914-2999 | - | - | - | DJ | DJ | DJ | DJ |
| Hotel Playa Mazatlán / 913-5320 | RR | DJ | KA | - | KA/DJ | - | - |
| Latitud 23 / 913-1413 | So/Rk | RR | CW | RR | KA | RR/Mex | RR/Mex |
| Jungle Juice / 913-3315 | So/Rk | RR/Mex | CW | RR/Mex | RR/Mex | DJ | DJ |
| Purple Onion / 913-2082 | So/Rk | - | - | RR | RR | RR | RR |
| La Casa Country / 916-5300 | - | RR/DJ | RR | RR | DJ/POP | DJ/Sal | Ban |
| Señor Frog's / 985-1110 | - | RR | DJ+ | Ban | - | Brenster/CW | - |
| Mr. Tony's / 983-5700 | - | - | - | - | - | - | - |
| Mambo Café / 986-6828 | - | - | - | - | - | - | - |
| Los Zarapes / 913-1400 | - | - | - | - | - | - | - |
| CERRITOS & MARTINA MAZATLÁN | | | | | | | |
| Seafarer / 988-0677 | - | J | J | J | J/BL/Sor | J/BL/Sor | J |
| Gus Gus | - | - | - | - | RR | RR | RR |
| Rico's Marina / 913-4224 | - | - | - | - | - | - | - |
| Roy's at Cerritos / (669)1508779 | - | - | - | - | CW | Mariachi | - |

Pan-orama of Sound

Trinidadian steel drums come to town

By Zoe Jussel

With a name like Peggy Bryant, you might expect her to be marching in a Scottish bagpipe band, and you would have been right several years ago. Now her two passions are teaching English and teaching and playing steel drums, or pans, as they're known. She's ready, her studio's ready, and her pans are ready to play.

Music has always been a big part of Peggy's life, so it was natural that pans, which her daughter, Emma, had started playing at age eight, became a new focus. While living in Maine, she was instrumental (pun intended) in paving the way for one of the well-known steel drum groups in the state. She also taught kids ages 7 to 12 to play and perform in a band called Pandemonium for 2½ years, and as Peggy put it, "they were smokin' hot."

When she moved to Arizona, Peggy again started teaching and formed a band, the Bisbee Panners, taking students from ground zero to the stage. Teaching English in the nearby border town of Agua Prieta, along with the pans, made her a very popular teacher, with students vying to be in her classes. She's taught ages 8 to 80, so there are no limitations on how much fun you can have.

Pans are very social and people tend to be fascinated by the variety and reach of sounds, often coming up after a concert to touch them and ask ques-



Pans are very social and people tend to be fascinated by the variety and reach of sounds...

tions. This is the only instrument which came into its own in the 20th century, having gotten its start in Trinidad. During British rule in the 1800s, hand drums were used as a call for neighborhood gangs to collect and "mash up" with other gangs. Hoping to curb the violence, the government outlawed drums in 1896. The Trinidadians then turned to Bamboo Tamboo, where each member of the gang carried

a length of bamboo to pound on the ground, producing a rhythmic signature. Soon these were outlawed too, but the Trinidadians played on any object they could find - garbage can lids, old car parts and empty oil barrels - forming what were known as "Iron Bands."

Musical competition quickly replaced the street fights and Carnival became the place to showcase the versatility of the steel drum. In the late 1930s, considered the birth of steel drums, Winston "Spre" Simon is credited with discovering that a dented section of barrel head produced a tone or note.

Peggy will begin her weekly classes once she has at least four students, although seven is ideal. For about price of a cocktail, you can add flavor, spice and a little rhythm to your life.



Anyone with the desire can learn and eventually, who knows? Open Mic at Canned Nuts or a concert in one of the plazas!

Peggy would like to offer a free lesson as a way of introduction to these fascinating instruments. Info: 668-9783, margaretbryant@yahoo.com.



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Thank you for your continued patronage of Letty's Restaurant on Stone Island!



GOOD TASTE

Café – Olé!

Rich, fresh-brewed coffee is loved the world over, and Mazatlán's no exception
By Janet Blaser

I am a coffee snob.

There, I've said it. I've come to admit it, too – sometimes regretfully, sometimes thankfully, rarely proudly. What exactly do I mean? Well, I would rather go without than drink the likes of inferior beans made incorrectly and uncaringly into a weak morning pick-me-up beverage. I will accept a caffeine migraine rather than – shudder – imbibe coffee that's been sitting for hours on a warm burner, reheated and reheated until the once-aromatic and luscious oils turn into a dark, bitter, harsh liquid not fit, in my opinion, for human consumption.

Many a morning, there stands my quandary. Luckily, here in Mazatlán, nary a quandary can be found, as perfectly made, fresh-roasted espresso drinks and coffee are – thank the Gods – scattered throughout the city. From one end to the other, good and drinkable and enjoyable coffee is readily found. Below, a rundown, in alphabetical – not geographical or any other – order.

Alegro Cafe, known as much for its fantastic Eggs Benedict as for its consistently flavorful, rich (organic Chiapas, yum!) and well-made coffee and espresso drinks, has kept the GZ satiated and caffeinated for years. With two indoor seating areas, a big covered patio out front and tables scattered along the side too, Alegro is a deservedly popular java mainstay. **Beans:** Organic Chiapas. **Internet:** Yes. **Eatables:** Full breakfasts, salads, paninis, pastries, bagels. **Vitals:** Camaron Sabalo, Golden Zone, across from the Vineyard Church. 7am-11pm daily. Indoor/outdoor seating with a/c.

Sleek, modern and sitting front-and-center on the main drag in the GZ, **Badlands Coffee Com-**



is the new guy in town. Part coffeehouse, part bistro (there are burgers and ribs in the afternoon and evening, go figure!) the décor lends itself well to both. Coffee and espresso are made with organic Kona or Chiapas (yum) and a commitment to quality is evident. **Beans:** Organic Kona & Chiapas. **Internet:** Yes. **Eatables:** Pastries, bagels. Full lunch/dinner. **Vitals:** 7am-7:30pm, Fri./Sat./Sun. till 11pm. Camaron Sabalo, next to Costa de Oro. Golden Zone. Indoor/outdoor seating with a/c.

Quick, easy and drive-through, **Caffenio** is the newest offshoot of an 84-year-old company based in Hermosillo that first produced Café Combate. Both cafes have cozy outdoor seating – my favorite

pany

is the one on the malecon in Los Pinos, where you can sit & watch the fisherman bring in their daily catch while checking email. Their website includes a "test" to see what type of coffee suits your personality. **Beans:** ????. **Internet:** Yes. **Eatables:** Pastries, bagels. **Vitals:** In Centro: Corner 5 de Mayo y Paseo Clausen & 5

de Mayo. Open 6am-10pm daily. In Golden Zone: Blvd. del Sabalo (Across from Oceano Palace). Open 6am-10pm daily. www.caffenio.com. Since February, **Coffee Tree**, a hidden gem in the Gran Plaza mall, has been wooing patrons with its espresso drinks and fresh-made-right-in-front-of-you crepes. Coffee Tree is a free-standing café, with lots of comfy seating in big soft chairs in its own private area. Service is attentive and friendly, the coffee is well-made and hey, for some of us it's just fun to sit in the (air-conditioned) mall! **Beans:** Organic Mexican varieties. **Internet:** Yes. **Eatables:** Bagels, pastries, sweet or savory crepes, baguette sandwiches, smoothies. **Vitals:** 9am-9pm daily. Center of the Gran Plaza Mall (Not in the food court.)

Steps away from the Plaza Machado, on the corner of Heriberto Frias and Mariano Escobedo, is El Faro, "The Great Coffee Corner." There, beans are roasted and ground – the aroma draws people in like moths to a flame – and oodles of exquisite espresso and coffee drinks are made every day. Local

From one end of the city to the other, good and drinkable and enjoyable coffee is readily found.

businesspeople, tourists and residents congregate outside, chatting as they await the arrival of a latte or frappe. Beans available for purchase.



Beans: Veracruz and Chiapas.

Roasted on-site. **Internet:** No. **Eatables:** Pastries, cookies. **Vitals:** Monday-Friday, 7am-8:30pm, Sat. till 9pm, Sunday 5-9pm. Take-out only, no seating.

Next up: **EtniKafé**, a genuinely pleasing place for excellent coffee. After ordering at the cozy counter just inside the front door, head to the charming patio, redolent with lush plants, archways



UNA DÉCADA JUNTOS...
...Y seguimos Revolucionando!

10 años

Golden Zone (across from Inn at Mazatlán), Pemex Center, Mañana and in El Cid Hotel complex

Creating a "Coffee Culture"

Rico's celebrates a decade

When Marianne Biasotti arrived in Mazatlán 10 years ago as a new bride, there was no Plaza Machado or sense of an "Old Town," not many other gringos (especially full-time) and — perhaps worst of all — no good coffee.

"It was like this," Marianne recalled. "I love my husband and I love this city. But I can't continue living here without two things: great coffee and a place to go and hang out by yourself. There wasn't a vibrant place where you might run into people that might also be new here or visiting."

Marianne remembers there were no Starbucks at that time, either, and the coffee shop-as-lounge idea had not yet "happened."

"I wanted a place like this, to hang out — it's a meeting place," she said. "Coffee is the common denominator. This is a place to be."

She was betting on the locals being part of the coffee revolution that had swept the US in the 80s. And she also knew from her research that although Mexico produces some of the best coffee in the world, as is typical of a producing country, the general population didn't know it.

Like a lot of people who left the States to make a new life in Mexico, Rico's was the first of its kind. In the mid-90s, Rico's was the only place in Mazatlán where you could get a cup of coffee and hang out. It was a place where you could meet new people, and it was a place where you could enjoy a good cup of coffee. Rico's was the first of its kind. In the mid-90s, Rico's was the only place in Mazatlán where you could get a cup of coffee and hang out. It was a place where you could meet new people, and it was a place where you could enjoy a good cup of coffee.

We have to save this population from bad coffee. We thought, 'Let's take the good coffee' — Janet Blaser



and other rustic features of the colonial building that houses this charming gift shop & café. The coffee is 100% organic, shade-grown Fair Trade — and yes, you can taste the difference. You'll find all your favorite espresso drinks, chai, hot cocoa and teas, frappes and a refreshing limon smoothie — and perhaps even something special to take home. **Beans:** Organic Chiapas dark roast. **Internet:** No. **Eatables:** Pastries, cookies. **Vitals:** Monday-Saturday, 9am-7pm, Sixto Osuna #50, Centro, 6691-36-0139.

Cheery forest green umbrellas and buttery marble accents welcome you to **The Italian Coffee Company**, whose motto is "Any Time is Coffee Time." There's a nice patio with a gorgeous view of the ocean and las islas right across the street, seat-

Here, beans are roasted and ground, and the aroma draws people like moths to a flame.

ing inside — and they deliver within the area. **Beans:** Special House Blend from Puebla. **Internet:** Yes. **Eatables:** Paninis, Pastries, bagels. **Vitals:** 8am-11:30pm daily, #1105 Ave. del Mar, on the malecón just south of Av. Insurgentes. Indoor/outdoor seating with a/c. 954-0512, www.italiancoffee.com.

Anchoring Mazatlán's coffee scene is **Looney Bean**, with two locations at the north and south ends of town. The original location in Cerritos is a charming



open-front café and is where beans are roasted; in Olas Altas, "the Bean" has just a few small tables and chairs on the sidewalk, but the malecón with its very-sittable wall is just across the street. The organic, Fair Trade coffees are available for purchase. Oh, yes: Looney Bean is the winner of 2010 Mazzie Awards Best Coffee. **Beans:** Organic Fair Trade Mexican, roasted on-site. **Internet:** Yes. **Eatables:** Pastries, bagels, cookies. In Cerritos, waffles, sandwiches, yogurt parfaits. **Vitals:** Olas Altas: 7:30am-9pm daily, limited seating. Cerritos: 7:30am-8pm daily, indoor/outdoor seating.

With its quintessentially charming location — in the cobblestone alley in front of the Angela Peralta Theater — **Memorial Café** is a great spot to sit



with a cappuccino and either contemplate the world or watch it walk by. The espresso is consistently well-pulled and their late-late hours and big menu make this a great spot to hang-out, day and night. **Beans:** Organic Chiapas. **Internet:** Yes. **Eatables:** Full menu of breakfasts, lunch & dinner + pastries. **Vitals:** 7am-midnight or later every day. In the Plaza Machado, opposite theater entrance. Indoor/ outdoor seating with a/c.

Now with two locations, **Sole Mare** offers a gourmet European-style coffee experience. Here you'll find every kind of coffee and espresso drink you could want, hot or cold, and teas, frappes and smoothies too. A full kitchen offers breakfast, lunches and beyond. Both locations are elegantly appointed in rich burgundy, dark wood and marble. The marina café has two levels and upstairs has big tables for meetings and groups. **Beans:** Special House Blend from Vera Cruz. **Internet:** Yes. **Eatables:** Full breakfasts, burritos, hot & cold sandwiches, salads, pastries. **Vitals:** Malecón: #1020 Av. del Mar. Marina: Business & Life Center, Av. Del Marina. 8am-11pm daily. Indoor/outdoor seating with a/c.

Of all the coffee places in town, **Tá Café**,

GOOD TASTE



with its fern-filled patio and fans whirring overhead in the old Canobbio Arcade building in the Plaza Machado, feels the most like Old Mexico or – dare I say – Europe. It's no problem if you want to sit for hours with your laptop and latte, people-watching or waiting for friends who inevitably saunter by. Inside, there's a large sitting area that's a secret hideaway when the weather gets hot. You can also order from Las Brascas menu. **Internet:** Sometimes. **Eatables:** Fruit & yogurt, bagels, pastries, baguette sandwiches. **Vitals:** 7am to midnight daily. Closed Monday. Corner Hemiberto Frias & Sixto Osuna, in the Plaza Machado. Indoor/outdoor seating with a/c.

Rico's was Mazatlán's first "real" coffee shop, and from day one was committed to "serving not only the best coffee, but coffees that are the best for Mexico." That means they use only Fair Trade, organic coffees, and also that they're dedicated to creating and maintaining a "coffee culture" here. The baristas take pride in their espresso drinks, and in fact, some of them have won prizes in national and international espresso-making competitions (see sidebar.) Beans are roasted on-site in the GZ and many hotels and restaurants serve Rico's coffee, too. Owner Marianne is a bustling ball of energy who knows and loves her customers and has brought her San Francisco sensibilities to the menu: A full kitchen serves scrumptious breakfasts, lunches and late-night meals, including omelettes, crepes, whole wheat waffles and house-made pastries and cakes. **Beans:** Organic Fair Trade Mexican. Roasted on-site in GZ, available for purchase. **Internet:** Yes. **Eatables:** Full breakfast & lunch menu (GZ, Marina) plus pastries, bagels. **Vitals:** 7am-11pm daily. (GZ, 6:30am) Three locations: Golden Zone (across from Inn at Mazatlán), Pemex Center, Marina and in El Cid Hotel complex. GZ/marina: Indoor/outdoor seating with a/c, live music weekends.

When the venerable Starbucks came to town a couple years ago, some of us admittedly were pleased: the same consistent quality and familiar style of drinks we were used to. With its central GZ location, clean, modern interior with a meeting/work area, and of course high-quality coffees, rich American-style pastries y mas, our local Starbucks has lots of fans. **Beans:** Shade-grown Chiapas. **Internet:** Yes. **Eatables:** Sandwiches, pastries, bagels, cookies, cakes. **Vitals:** 7am-11pm Mon.-Fri., 8am-11pm weekends. Ave. Paseo Lomas #102, Lomas de Mazatlán. 913-4260. Indoor/outdoor seating with a/c.



Janet Blaser has been eating for a living and writing about it for more than 20 years. Send comments, suggestions to her at m@maz-amor.com.

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La Rosa de las Barras

A Getaway to Go To

By Carole Muschel

It was the curiosity and insistence of a visiting friend that finally got me to go out of town and head north to the small coastal village of Barras de Piaxtla. Once the decision was made, the rest was fairly simple: we called Gail Blackburn, the California native who's the owner of La Rosa de las Barras, a charming beachfront resort that we'd heard about for years, and made reservations. When we told Gail we didn't have a car, she gave us detailed instructions about what bus to take and how to find her place.

Two days later, we each packed an overnight bag and asked a passing pulmonilla driver to take us to the Sinaloa bus station. Busses leave every half hour heading north, and as soon as we bought our tickets, we were hustled out to a waiting first-class bus.

The 45-minute trip took us to the tiny town of Dimas, where we were simply dropped off on the side of Highway 15. Not quite sure what to do, we followed a woman as she crossed the highway, scampering over the divider wall. Some people were waiting at an apparent bus stop, and sure enough, in a few minutes a dilapidated old Volkswagen bus drove up with a sign on the side that said "TAXI."

In we piled, and then off we went along a very bumpy dirt road to the beachfront village of Las Barras. The ride cost \$120 pesos for the two of us, and dropped us off at the front gate of La Rosa, where Gail was waiting for us. (Remember to bring small bills and what money you'll need for meals as there's no bank or ATM.)

As soon as I met Gail, I was reminded of the classic Northern California frontier woman. She's an independent person who has built structures, designed wonderful gardens and created a cozy beachfront resort. But it's her friendly personality, with her wealth of information about the local community that makes La Rosa de las Barras so welcoming, educational and comfortable.

When we got to La Rosa we were delighted to find the compound of eclectic buildings designed around lovely tropical gardens, with a soaking pool and barbecue areas. The biggest is a two-bedroom house



on the beach, with a full modern kitchen and a large outdoor sitting area; multiple other dwellings range from small bamboo casitas to a spacious two-story house with a balcony overlooking the beach and gardens. Most of



the dwellings have a kitchen, air-conditioning, microwave, blender and coffee maker. If you don't feel like cooking,

Gail can arrange for a woman to cook for you for a very reasonable cost. If you plan to do your own cooking, bring food with you as the village has limited supplies. Our adorable bamboo casita had an indoor/outdoor bathroom with beautiful mosaics created by Gail.

The one developed restaurant in town, El Mirador, is a large palapa-style place with two levels

of patios, both with fabulous views of the bay and village. It's on a hill overlooking Las Barras beach and an easy 10-minute walk from La Rosa. We ordered the local specialty, langosta diners, at \$170 pesos; two lobsters each, deep-fried with garlic, as is the local custom. There's a full seafood menu that varies with the daily catches.

Gail has single and double kayaks for her guests, and we'd planned to go exploring up the estuaries the second morning. It was threatening to rain and so instead we strolled around the town, stopping to check out the lighthouse, the fishermen cleaning their catch, and the small medical clinic. Everyone was friendly and curious to help us find our way. I inquired about oysters, a local specialty, and was directed to a private home, where two women were cooking outside. They offered us carne asada, but I asked for oysters and was served delicious, small, sweet, freshly-shucked ones.

We wanted to go to nearby Las Labradas, and Gail graciously offered to drive us. We headed south about 15 minutes to the mystical petroglyphs on the beach. We passed through a dusty little village before arriving at a simple outdoor museum explaining the history of the petroglyphs and the ancient people who created them. A short path brought us to a secluded beach covered with large black boulders. As we meandered among them, we suddenly noticed the ancient carvings on the rocks: spirals, stick figures and other ancient symbols. The atmosphere suggested the spirits of ancient peoples and we felt the mystical connection.

Gail drove us to the bus stop after a complete, satisfying day of exploring, and as the sun went down, we caught the bus back to Mazatlán and decided this overnight was perfect.

IF YOU GO:

La Rosa de las Barras: www.larosadelasbarras.com, larosadelasbarras@gmail.com. Contact by Mexican cell phone, from the US: 011-52-696-102-5001 for English. In Mexico, dial: 696-102-5001 for English, 696-105-3903 para español. Accommodations: \$500-\$1,500 pesos/ per night.

Mazatlán bus station:

Autotransportes Unidos de Sinaloa: \$65 pesos each way
Destination: the town of Dimas.
Las Labradas: www.larosadelasbarras.com

Always Late? Loosen up While Driving

By Kim Anders

I agree - this probably isn't the smartest thing to do, but... Do you frequently find yourself running behind schedule and rushing to get to the golf course so you don't miss your tee time? Or dashing from the parking lot to the tee and hitting your first shot without tying your shoes? How often do you use the first four holes to warm up for your round?

Ideally we would always have time to go to the practice area to get stretched out and hit a few balls before playing. But all too often it doesn't seem to work that way. We end up "practicing" on the golf course, hoping we only need a small bucket of balls to warm up, and not a big bucket. A few days ago I saw a guy hurry to the tee, hit his tee shot and then comment, "Looks like I'm playing a fade today."

When you're stuck in traffic trying to get to the golf course, don't get stressed out with the situation you're in. Take these adverse circumstances

and use them to your advantage. If traffic is at a standstill, you can do some exercises to stretch the muscles in your back, shoulders and neck. (I won't

give any specific exercises because I'm not certified in "Stretching with Your

Steering Wheel.") If you're moving in traffic - rather than stressing and seeing how high you can get your blood pressure - work on breathing long and slow to help release some of the tension in your body. This will also get more oxygen into your system, enabling you to more efficiently make that dash to



the tee when you do get to the golf course.

Try remembering what you've been practicing and

the hole looked like it was a bucket and everything sloped into it. Your stroke was long and smooth and the ball rolled to the hole like it had a motor in it.

If you have trouble multitasking or the driving is so crazy you couldn't possibly think about golf and negotiate traffic at the same time, I recommend you focus on the traffic. Slow down a little and make sure you get to the golf course in one piece - better late than never! And, if you're doing your deep breathing exercise, at least you arrive in a calm state of mind and ready to play.

Once you had after hitting one of your best drives ever, the soft hands that released the club effortlessly to the ball, sending it flying so far that for a moment you couldn't believe it was you that hit it.

Then think about a day you had where it seemed like you couldn't miss with the putter. Everything went

Kim Anders is the Director of Golf at Estrella del Mar Golf and Beach Resort. An accomplished player early in his career, Kim now focuses on the administrative side of golf and helping others find enjoyment in the game. Contact Kim at kanders@estrelladelmar.com.



Listing of the Month



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Young or Young-at-Heart?

Books that work equally well for both

By Linda Baker

There's plenty of material at the Mazatlán Membership Library for either entertaining kids and grandkids or indulging the child in you. It's fun to hunt among the shelves for colorful illustrated books, elementary primers, classics of children's literature and young adult novels. Or you can sift through the stacks of videos, DVDs and CDs for things to watch or listen to together.

Cruising the shelves led two of our readers to perennial favorites.

Joe Spiro unearthed Kenneth Grahame's *The Wind and the Willows* from the "For Sale" bookshelves outside the library. He grinned as he plunked down his pesos, "This is the first book I remember reading on my own." Member Basha Grunewald checked out one of the Carolyn Keene "Nancy Drew" mysteries for a visiting grandchild, giving her a chance to read it again, too. The collection also includes well-loved classics by authors such as Dr. Seuss (*Green Eggs and Ham*), Beatrix Potter (*Peter Rabbit*) and E.B. White (*Charlotte's Web*, *Stuart Little*).

Illustrated board books by Golden Books, Tiny Toons and Disney can help the littlest ones learn about the world and its creatures. Tots also delight in the "Touch and Listen" series

that matches spoken words to common objects. A plus: Several of our members check out these educational materials for use in their English classes for primary school Spanish speakers.

The library also has a section of children's materials in Spanish. I was delighted to discover two of my children's favorites among the illustrated books available in Spanish translation, a Babar the Elephant adventure (*Babar Va De Vacaciones*) and Eric Carle's *The Very Hungry Caterpillar* (*La Oruga Muy*

Hambrienta). Particularly helpful for anyone learning Spanish is *Los Recuerdos de Chave* (*Chave's Memories*) by María Isabel Delgado, about a child visiting his grandparents' ranch in the country. Charming illustrations, the book has side-by-side pages in English and Spanish. The Spanish section also has two books on favorite activities for Spanish-speaking children, *Juegos Populares* (*Popular Games*), and *Cosas Que Hacer* (*Things to Do*).

Teenagers have many choices, including Newberry Award winners like Scott O'Dell's *Island of the Blue Dolphins* and the empathetic novels of Judy Blume. The library also has all but the last volume in the J.K. Rowling "Harry Potter" series. For Potter lovers,

member Mi-Michael Anderson recommends the highly imaginative and funny books of Terry Pratchett, whose fantastical histories of adventures in "Discworld" he feels work equally well for younger and older people: "Eleven and 12-year-olds will love them, but adults can also read them and chuckle aloud."

The Mazatlán Membership Library's new summer hours are from 10am to 2pm, Monday - Friday. The newly air-conditioned library is in Olas Altas across from the Art Museum at Sixto Osuna #115E. Annual membership fees are \$150-300 pesos. Linda volunteers at the library on Thursdays.



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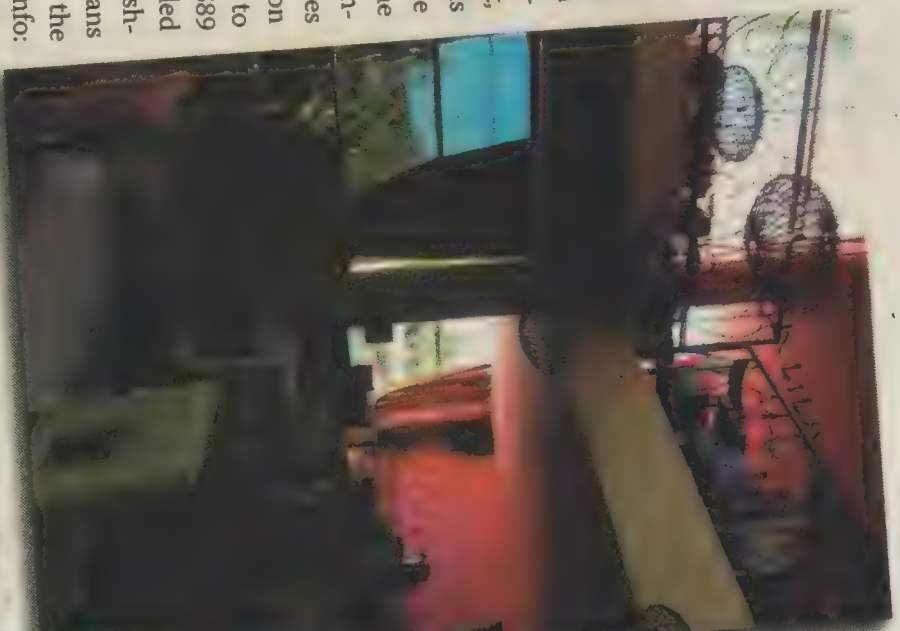
Calle Libertad #409 Centro Historico (Beside the Plaza Machado)



NOMa: Not Just Food!

By Nola Dyck

The idea for Al Forno Pizza/Calzone Restaurant was conceived in Italy. While there, Mazatlan Rosy Pineda and her Italian-born husband, Gianluca Testi, thought that bringing a part of Italy to Mazatlán would be a good business move. Rosy knew the pizza delivery business was a good concept, but also wanted a restaurant, so Al Forno's outside patio has tables and everything is available to-go as well. Rosy is confident the Marina area and north will continue to grow with more businesses and people. There's a big selection of delicious wood-fired pizzas to choose from, and prices start at \$89 pesos. The House Special is loaded with ham, salami, peppers, mushrooms and black olives. Rosy plans on adding salads to the menu in the near future. Is it lunchtime yet? Info:



669-913-5050. Delivery in the area is free.

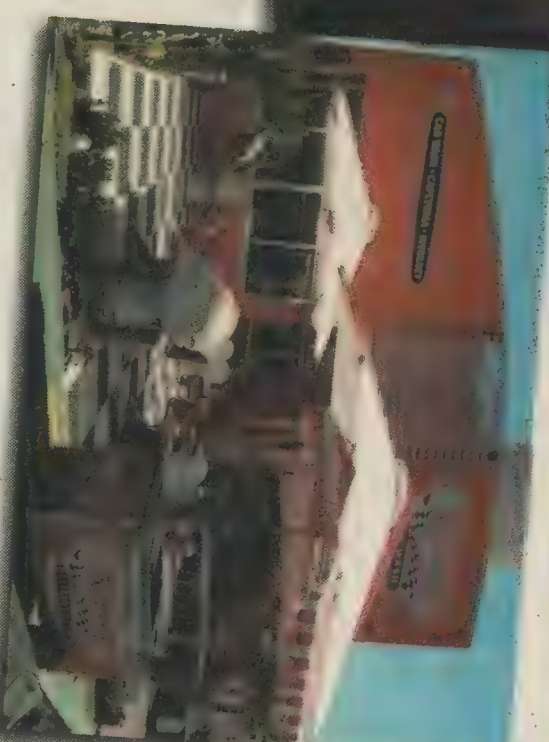
The Plaza Marina Business and Life, across from the Marina entrance, is now home to **Bengala Bistro & Bar**, which opened in early March. The minute the staff greets you at the door, you know

you're in a special place. The name itself should tip you off to the kind of cuisine they serve in this warm, two-story facility. **Bengala** is Bengal, a state in northwestern India.

The Asian fusion menu (Thai, Vietnamese, Indian, and more) is prepared with a dedicated passion by Chef Jachiel. This young man is a real jewel and has plied his trade all over the world. His dishes meld the flavors of Asia with the vibrant accents of Mexican spices and tastes. Reasonable prices and a big menu should please even the most discriminating diners. The bar on the second floor has eight flat-screen TVs playing mellow music videos from the '60s, '70s and '80s. The decor is open, eclectic and very

colorful, reflecting the colors and magic of Asia. A wall of windows provides a view to the Marina. Parking is plentiful and the restaurant opens Monday-Saturday at 5pm and on Sunday, 1pm.

The **Venados Carwash, Cyber Cafe & Deli** is so different! Sure, they'll hand-wash your car inside and out and do a very good job for a very good price. But there's more. The first thing you'll notice is the crisp red and white exterior colors with a big baseball fountain in the front and red and white tables with umbrellas. Inside, you'll find definite baseball-themed décor, with pictures of the different MLB fields and pitchers. Look up, way up, and you'll see a baseball diamond painted on the ceiling with baseball ceiling fans. While you wait, you can check your email on one of several computers, watch the flat screen wall-mounted TV or check out their selection of reading material. And if the waiting makes you hungry, there are pastries, juices and coffees, too.



Not much time passes, though, between the time you drive in and drive out. The guys do an excellent job and we've always been pleased with the end result. The staff is very courteous and there's usually an English-speaker in the building to help out if necessary. The Venados Carwash is located at the Marina on Av. Sabalos Ceritos between El Capitano and the Pemex. Even if your car is clean, there's lots of stuff to do!

It's something all of us would rather not need, but it's also very comforting to know that it's close by. That's medical care. **La Marina Medical Center/Emergency Services** is the only one of its kind for the Marina area and north, with direct connections to all Mazatlán hospitals. Inside the pristine little clinic are facilities for various lab tests, X-rays and ultrasounds. Office visits and house calls are available, and they also have an ambulance. A consultation fee is \$350 pesos and they will deal with many insurance providers. The Med Center is across from the Pemex in front of Los Veleros. Info: 24hrs/day at 176-8963, or cell: 044-669-161-3618.

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A Flame of Cosmic Fire

Aries, the first sign of spring, holds the force of creation

By Risa D'Angeles

April is the month and time of Aries, a beam of sunlight or force, a flame of Cosmic Fire. Aries is the individual expressing as an initiating impulse searching for identity and individuality within the masses. Aries is the seed pushing forth the two leaves (they look like ram's horns), emerging from the earth at the first light of Spring.

Aries is often unconscious about life beyond his own immediate perceptions, and unaware of consequences. With this unawareness Aries judges everything through his own young projections. Aries, the first sign of spring, holds the force of creation. However, his impatience doesn't allow time to bring the creative force into a practical focus. Thus Aries is often unable to complete tasks and projects. These are handed to Taurus for completion.

Although courageous and filled with bravado, Aries can feel insecure, doubting his effectiveness. As life experience is gained and time passes, Aries matures,

gains confidence and comes to know himself as creative and intelligent. Aries always seems to be in battle, testing himself, his bravery, courage and activity. Activity is the primary keyword for Aries, the first fire sign. The mind of Aries only knows direct action; it moves faster than the body.

Aries pours through Mars, planet of war, the trajectory of activity. Aries cannot stand alone, even though he hopes everyone thinks so. Aries need others for support and to help their many ideas come to fruition. Because it is fire, Aries is warm-hearted, defending and protecting those he loves. The fire of Aries is a fire of great intensity; thus there is eagerness within relationships. However, Aries is not constant, consistent, loyal or sustaining (as are the fixed signs of Taurus, Leo, Scorpio and Aquarius). Aries is cardinal, thus always seeking new directions, challenges and conquests.

Aries says, "Behold, I make all things new." (Revelation 21:5). The entire earth then begins its creation song. Easter comes, the Resurrection happens. Spring has arrived.

ARIES (Mar. 21-Apr. 20)

The issues you're facing are about shared things – like money, possessions and belongings. You think it all belongs to you. The issues are also about things close and intimate, serious things like knowing you need a change from the usual ways of being. It's been a long year and you've been busy. It's time to take a few days away in retreat and solitude before beginning anew. Think before acting.

TAURUS (Apr. 21-May 20)

You are compelled to accomplish the work of multiple people: even when the situation is unbearable you push through. Tend to health concerns and give yourself the same (or more) care you show others. Let your health be a primary focus for several years.

GEMINI (May 21-June 20)

Beyond relationship, health and work issues, you're realizing the changes occurring for everyone are deeply significant; you question what your position, place and actual work are in creating humanity's future. What inspires you? What revolution(s) would you be part of? What does "green" mean to you practically? Are you part of Transition Town Initiative?

CANCER (June 21-July 20)

Are you finding many things simple yet very complex at the same time? Profound change in your thinking is occurring daily. New and vital information, not understood by most,

turns into insightful and weighty realizations. You become more visible to the world and in the public eye. Later, with acceptance, this will make more sense. Tend to what hurts.

LEO (July 21-Aug. 20)

Continue to build, construct, formulate, plan and craft your artistic and creative endeavors. Secret out solitary time with no interruptions and a long flow of time to accomplish great amounts of work. You remain both in the world and yet a bit hidden, both of which are good for you at this time. Be careful with activities. You could hurt yourself.

VIRGO (Aug. 21-Sept. 20)

If you feel you're lost in clouds of unknowing even while walking from room to room, if you can't seem to find things, it's because your usual direct and focused mind is being influenced by Neptune, god of the waters. Things dissolve so they later can be refined, uplifted and spiritualized. In communicating, realize you think and talk ceaselessly in order to understand yourself more clearly.

LIBRA (Sept. 21-Oct. 20)

You discipline yourself because often you simply feel in a state of chaos and conflict. Discipline helps you move forward with more clarity. Conflict and chaos function like rainstorms, washing away dust and debris. You want to



express your authentic self but recently have found it difficult. So you're silent. This isn't easy. Find something or someone you can quietly serve. Make a point of stabilizing your relationship.

SCORPIO (Oct. 21-Nov. 20)

You're completely and vitally busy, here, there and everywhere, with so many realities summoning you it is difficult to decide how to accomplish it all. Actually, you can't. Choose which actions to focus upon, how to hide away while still being in the world, who to trust, and what you creatively expect of yourself. You're conflicted. This will come and go.

SAGITTARIUS (Nov. 21-Dec. 20)

Maybe you've come to the end of a long road where transformation was the only experience you understood – and you raged against it. If you think back 10 years, you're now a very different person. You've been considering new forms of work in the world. In time everything makes sense. While you're waiting, be kind. It's a magnetic attractive force.

CAPRICORN (Dec. 21-Jan. 20)

There are many new things to accomplish at home and some very internal issues also. What's occurring with relationships? As you attempt to move forward, deep feelings, emotions and several wounds are felt. They're here and then they're gone, reappearing again

later. Feelings of vulnerability occur with others. Just love more, no matter what. Begin to eat a solid (protein, veggies) breakfast every day to stabilize your metabolism.

AQUARIUS (Jan. 21-Feb. 20)

So many thoughts, ideas, plans and purposes swirl through your mind. You ponder unusual projects, places to visit, people to meet. Keep thinking about this future while remaining focused on present goals. Some Aquarians may need to move to a new neighborhood. Your mind works overtime, asking what goals you want and how you want to live in your future. Be generous.

PISCES (Feb. 21-Mar. 20)

New opportunities and archetypes are being offered, creating a reshaping and rebalancing of your very life. You realize you're not alone. Unusual opportunities are being offered for new ways to use your money and resources, leading to a new self-identity. You're seen as a creative resource. You'll come out of hiding very quietly and slowly. You need new shoes.

Risa is Founder & Director of the Esoteric & Astrological Studies & Research Institute, a contemporary Wisdom School in Santa Cruz, California. Contact her at risagoodwill@gmail.com, www.nightlightnews.com

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